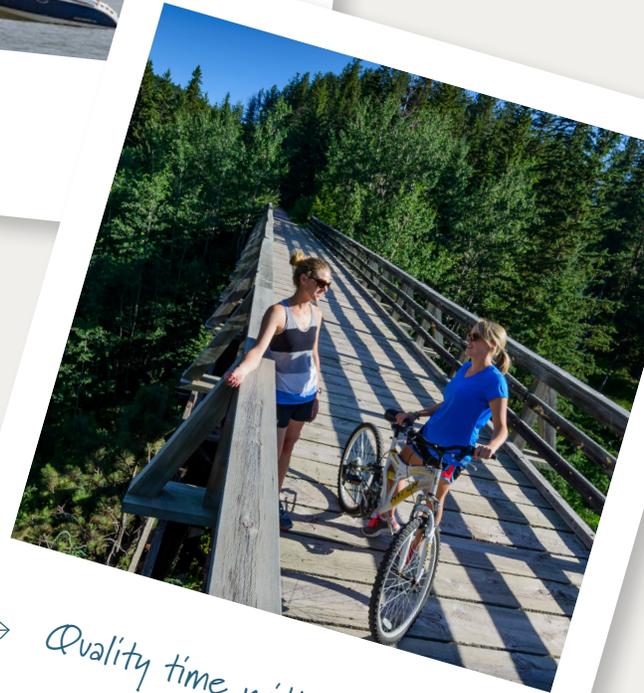


A moment I won't forget.



Quality time with my bestie.



A Time and Place for Everything

Every snapshot is part of the big picture of your health at [LiveWellSD](#), powered by WebMD ONE.

Your State of South Dakota Well-Being Program has a new name and logo—[LiveWellSD](#). This change emphasizes our commitment to empowering employees and their families to take charge of their total well-being and live their best life at work and at home!

From staying active to sleeping in, well-being happens by finding the right balance for you. [LiveWellSD](#) is

designed to support you holistically in all areas of wellness. Whether you want to be more physically fit, socially connected, emotionally balanced, or financially secure, we have resources to support you on your well-being journey. Through the program, you can capture more moments of activity and rest, solitude and social connection, and time spent caring for every part of your well-being.

Welcome to LiveWellSD!

Get started on the portal today

The LiveWellSD Portal, powered by WebMD, is your connection to all things well-being. You can participate in individual and team challenges, build new habits, join a community chat, access health coaching and more! The portal is updated with new content weekly and has resources to help you on your well-being journey.

Visit bhr.sd.gov/livewellsd/ to create your account or log in with your username and password. Both the employee and their covered spouse each need to have their own separate account.

Live Well and Be Rewarded

Participating in well-being activities brings many rewards – increased energy, decreased stress, and a happier and more enjoyable life. In addition, employees enrolled in one of the four health plans can also earn up to \$900.

Assess Your Current Health

- Earn a \$500 contribution
The employee and their covered spouse (if applicable) must complete both of the qualifications listed below by April 1, 2024, for the employee to earn the \$500 contribution.
- **Online Health Assessment**—Complete a brief questionnaire to assess your current health behaviors. The data will be used to customize your portal experience and provide recommendations for your well-being.
- **Annual Wellness Exam**—Schedule an annual wellness exam (with blood work) with your primary care provider. Your provider must complete the Biometric Screening form during your visit. Follow the instructions on the form and submit it to Total Wellness prior to April 1, 2024. More information on page 3.

Complete Well-Being Activities

- Earn up to \$400 contribution
- **Set Goals and Complete Well-Being Activities**—Identify areas where you want to maintain or improve your health, then select well-being activities that support your goals.
- **Employees earn points by completing activities**—Completing 100 points will earn you \$100. You can complete this up to 4 times to earn a maximum of \$400. The reward is awarded in \$100 increments. All eligible activities are tracked on the LiveWellSD Portal. Spouses can participate in the activities but will not earn points towards this reward. See page 6 for a list of activities.

Reward Payout

Well-being rewards will be an employer contribution based upon the health plan you select during open enrollment in May 2024 and will be available by August 2024.

- **Low Deductible Health Plan**—Receive reimbursement of up to \$900 in a Health Reimbursement Account (HRA) to offset costs during the plan year.
- **High Deductible Health Plan**—Receive the State contribution of up to \$900 into a Health Savings Account (HSA), if eligible based on IRS rules.

For more information about HRA and HSA, visit: bhr.sd.gov/benefits/hsa-fsa-hra/

A Full Picture of Your Health

Every picture tells a story and every person's health is unique. For a big picture view of your health, it's important to build a strong relationship with your primary care provider (PCP). Participating in annual wellness exams with blood work will help you learn more about your personal well-being and how to protect it. You'll find out numbers related to your blood pressure, blood sugar, cholesterol, Body Mass Index, and more.

Schedule an Annual Wellness Exam with Blood Work

Take the first step towards better well-being and rewards by scheduling your annual wellness exam with blood work today! This exam is covered at no cost once per plan year when completed by an in-network provider.* Cholesterol/lipid screenings, glucose screenings (without A1C), and venipuncture associated with labs are covered at 100% when submitted with a preventive diagnosis. However, additional health care services may be requested by your provider that may incur a copayment or additional cost.

For this exam to count towards your well-being rewards, the appointment must occur between 4/1/23 and 4/1/24 and you must submit the Biometric Screening Form by 4/1/24. It is highly recommended to submit prior to 3/1/24 to allow time for processing.

To access the Biometric Screening Form, visit the [LiveWellSD Portal](#) and click on the Annual Exam card under "Take Action."

Why is having a Primary Care Provider Important?

Your PCP is equipped to detect early signs and symptoms of illness because they know your medical history and can connect with you regularly. When you receive regular health screenings during annual exams, you can help find health problems before they start, identify diseases early on when they're easier to treat, and work toward feeling your best—year after year.

Need help finding a PCP?

Visit [Wellmark.com/Finder](https://www.wellmark.com/Finder) to find primary care providers near you. Or you can ask friends and family for referrals and read reviews from previous patients online. Visit tinyurl.com/3b9p9uz8 to watch a video about how to choose a provider.



Download our app

1. Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."
2. Download the app, then enter your connection code: [southdakota](#).



*The State Health Plan does not require 12 months between annual wellness exams. You are encouraged to schedule your appointment early as providers are sometime booked a month or more in advance.

Hear from other participants about the success they have experienced participating in **LiveWellSD** programs.

“(the coaching program) is amazing and **they have been absolutely wonderful with their advice and their help...** (My coach) had ideas for me that I never thought of.”

“I enjoyed participating in the step challenge with a team from my agency. **We got to know each other better and encouraged each other.** Great teambuilding!”



My big adventure!

“**PERFECT** is the word that describes how I feel about Better Choices, Better Health SD workshops! I attended both the online and face-to-face workshops. **I have been challenged, encouraged, and downright impressed with how much I learned at the workshop.** The depth of the program and yet the practical approach have changed my life for the better.”

Share your Story

As you work towards your well-being goals, take time to celebrate your progress. Share stories and/or photos of you and your family or your coworkers participating in your favorite well-being activities. Whether it's walking, running, playing pickleball or relaxing, we want you to share your progress. Please send your stories and/or photos to benefitswebsite@state.sd.us.

Get Ready to Set Goals and Track Your Progress

Let LiveWellISD help you reach your goals and make every day count. On the portal, you can track your progress towards better health and your rewards. Be sure to visit the portal often and check your rewards prior to the April 1, 2024 deadline. **If you have any questions about your rewards call customer support at 1.800.721.2749.**

REWARD	ACTION ITEM	DUE DATE	<input checked="" type="checkbox"/>
Earn \$500*	<ul style="list-style-type: none">• Complete the online health assessment (Covered spouses must also complete).• Schedule an Annual Wellness Exam with blood work and complete the Biometric Screening Form with your provider. Follow the instructions on the form and submit to Total Wellness. (Covered spouses must also complete).	April 1, 2024	<input type="checkbox"/> <input type="checkbox"/>
Earn up to \$400*	Earn Points by Completing Well-Being Activities (See page 6)	April 1, 2024	<input type="checkbox"/>

What are your goals for this year?

Identify one well-being goal for this year (what do you want to do; how do you want to feel)?

Why is this goal important to you?

Check the activities on page six that will help you reach your goal.

Review your goal each week and use the LiveWellISD resources and activities to help you stay motivated!

**To be eligible for the reward, the employee must be the primary policyholder of the health plan when earning the reward (2023-24) and enrolled as the primary policyholder when the reward is distributed (2024-25). The reward is subject to change at the State's discretion.*

Start Earning Points Today

The LiveWellSD Portal provides a wealth of programs and resources to support your well-being. Get started today and visit the portal often to continue taking small steps to reach your goals. Use this checklist to plan the activities you want to participate in this year. Remember, each healthy action you take is a step towards the person you want to become.

WELL-BEING ACTIVITY	DESCRIPTION	POINT VALUE	<input type="checkbox"/>
Daily Habits Plans	Make every day count by implementing small changes to your daily routine. Choose from Daily Habits that help you with staying connected, work life balance, sleep, stress, healthy eating, back health, and more.	50 points (100 max)	<input type="checkbox"/>
Health Coaching	Achieve your goals with the help of a trusted WebMD Health Coach via phone or chat. Complete 4 sessions to earn points.	100 points	<input type="checkbox"/>
Volunteering	Enjoy a boost to your self-confidence, self-esteem, and life satisfaction by volunteering. Do good for others and your community, while finding a sense of pride and identity.	50 points (100 max)	<input type="checkbox"/>
Quarterly Sleep Tracker	Sleep has a huge impact on your health and mood. Set a goal and track your sleep to ensure you're getting enough hours.	50 points per quarter (150 max)	<input type="checkbox"/>
Track 600 physical activity minutes per month	Make a plan for incorporating physical activity into each day and track your physical activity minutes.	50 points (200 max)	<input type="checkbox"/>
The Invitational Step Challenge	Join a team or move on your own during this fun step challenge starting in September. Log steps for 5 of 7 days within each of the five weeks/rounds to earn points.	100 points	<input type="checkbox"/>
Wellness from Within Challenge	Join in on this insightful challenge and learn to balance your well-being starting in January 2024.	50 points	<input type="checkbox"/>
Better Choices Better Health Workshops	Learn techniques for managing one of several chronic conditions, cancer, or pain management to improve the quality of life for you or for a loved one.	200 points	<input type="checkbox"/>
Wellmark Care Team Graduation	If you have a health condition, you can call the Wellmark Care Team to receive support. Work with dedicated staff to set and reach goals.	200 points	<input type="checkbox"/>
Livongo Diabetes Prevention	Create a healthier lifestyle to lose weight and prevent the onset of type 2 diabetes. Receive a smart scale, mobile app, expert coaching and guidance to build healthy habits that last.	100 points (200 max)	<input type="checkbox"/>
Livongo Diabetes Management	Get support for living with diabetes. Receive a connected meter, unlimited test strips and lancets, along with personalized feedback.	100 points (200 max)	<input type="checkbox"/>
Tobacco Quitline	Ready to quit? Work with the SD Quitline for support on your journey.	100 points	<input type="checkbox"/>

Go to [LiveWellSD Portal](#) to review detailed requirements for each of the point activities listed above.